

## **Abstract**

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### **Title:**

Case study of physiotherapy treatment of a patient after lateral patellar dislocation

### **Aim:**

Aim of this bachelor's thesis was to write up a report on a patient after lateral dislocation of the patella, summarizing theoretical knowledge, devising proper treatment, observing patient over the course of treatment and rating its effectiveness.

### **Methods:**

This bachelor's thesis consists of two parts, a general part and a special part. The general part summarizes theoretical knowledge of anatomy, kinesiology and biomechanics of the knee joint. It also includes examinations of the knee joint and subsequent therapy. The special part consists of the case study of a patient after Madigan surgery and knee arthroscopy, course of treatment and evaluating its effect.

### **Results:**

Due to the therapy, the patient's medical state improved, the effect of the therapy is particularly recognizable in walking stereotype, in which the patient almost completely eliminated any formed pathologies and ceased using all walking aid, and in the range of movement of patient's knee joint. Therapy is considered successful.

### **Conclusion:**

All of the set goals were accomplished during the therapy and the therapy's successfulness therefore proved efficiency of the used methods.

### **Keywords:**

knee joint, patella, patellar luxation, Madigan surgery, arthroscopy, physiotherapy